



Life's Little PERC

September 2014

*Happy
Labor Day!*



CONTACT PERC!

West LA
Building 500
Room 1606
(310) 478-3711
Ext 43964

Downtown LA
Room A336
(213) 253-2677
Ext 4573

Sepulveda
Building 200
Room 2500
(818) 895-9569

Website:
[www.losangeles.
va.gov/patients/
patiented.asp](http://www.losangeles.va.gov/patients/patiented.asp)

Be Safe

To maintain your health, it is important to be safe and protect yourself from sexually transmitted infections, falls, and motor vehicle crashes.

Sexually Transmitted Infections (STIs) can be passed to another person during sex. You can protect yourself from STIs by abstaining from sex. If you are sexually active, use a latex condom every time you have sex if your partner is or might be infected. You can also decrease your number of sexual partners to reduce your risk. If you are in a mutually monogamous relationship with an uninfected partner, you can reduce your risk of developing STIs. If you are treated for an STI, your partner(s) should also be treated to prevent re-infection.

Among older adults, falls are the leading cause of injury deaths. About half of all falls happen at home. You can prevent tripping and falling by removing small throw rugs, or use double-sided tape or anti-slip mats underneath the rug. You can improve the lighting in your home, since as you get older, you need brighter lights to help you see well. Wear shoes inside and outside the house, and avoid going barefoot or wearing slippers. Remove items from stairs and places where you walk, so you will be less likely to trip. Make sure you use non-slip mats in the bathtub and on shower floors. Install grab bars next to your toilet and in your tub or shower. Engaging in regular physical activity, you may reduce your risk.

To prevent motor vehicle crashes and injuries, do not drive while under the influence of alcohol or drugs or ride with somebody who is. Impaired driving is dangerous and causes more than half of all motor vehicle crashes. You can reduce your chances and your loved ones' chances of dying from a motor vehicle-related injury by correctly using seat belts and car seats. Don't text message or talk on a phone while driving. Be aware that crashes are the leading cause of death in Veterans in the early years after returning home from deployment.

What is a PERC?

- There are three Patient Education Resource Centers or "PERCs" in the Greater Los Angeles VA Health Care system.
- PERC staff members are trained experts in the field of health education and health promotion.
- The PERC offers health educational materials such as pamphlets, books, videos, internet tools, classes and monthly health events.



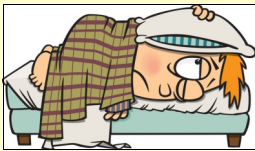
WHAT'S HAPPENING AT EACH PERC SITE?

WEST LA

CHECK OUT THESE CLASSES TO IMPROVE YOUR HEALTH:

- Healthy Habits
Thursdays
9:00am - 10:00am

- Insomnia Class
Thursdays
10:00am - 11:00am



- Introduction to Complimentary Therapies
Fridays
10:00am - 11:00am

- Biofeedback for Medical Conditions
Fridays
9:00am - 10:00am

- Sports for Mind and Body Wellness
Fridays
10:00am - 11:00am



**To schedule a class,
contact Health Coach
Krystin Buckley, x42648**

DOWNTOWN LA

TARGET DIABETES

Have trouble dealing with your blood sugar? Come learn about Diabetes Management and speak with a health provider!

**Thurs, September 19th
9:00am, Room B256
For enrollment,
call Dr Sobol at x4722**

FREEDOM FROM SMOKING PROGRAM (ROOM A-336)



It's never too late to quit smoking! Come join our 8-week program.

1st Class: 1st Tues of month
Must check in at walk-in clinic (B-102) before class:

Week 1-4: 10am-12pm
Week 5-8: 11am-12pm

Peer and professional support to help you quit for the last time! Contact PERC for more information.



MOVE WEIGHT MANAGEMENT PROGRAM (ROOM A-336)

Is losing weight important to you? Join us for support in achieving a healthy weight!
Walk-ins:

1st Mon of month 10:30am
OR

3rd Thur of month 2pm
Contact PERC or dietitian for more info

SEPULVEDA



**HEALTHY LIVING GROUP
Every Monday, 9:00am
Bldg 20, Rm B125
BY APPOINTMENT ONLY**



Join a group of Veterans making goals or a healthy lifestyle! Taught by Health Coach & Veteran, Tim Penix
Call (818) 891-7711 x5282 for an appointment



STOP SMOKING CLINIC



Every Friday,
by appointment

Get counseling, support and medication to help you quit!

Call or stop by PERC for an appointment or information